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Welcome to First Rehab & Sport. For many of you, this may be your initial experience with us, or with physical therapy in general. Our therapists are licensed professionals, well trained and experienced in treating various injuries and dysfunctions. Our entire staff is committed to providing exceptional care in a comfortable and friendly environment. Our goal is to help you reach your goals and return to a fully productive, enjoyable and independent lifestyle.

Based on a physician's referral, and your input, our PTs will perform an initial evaluation of your injury. From this evaluation, your PT will develop a treatment plan to be implemented during the following visits. This plan will also include exercises and stretches to be performed at home. For physical therapy to be as effective as possible, it is important that patients share our commitment to this plan. Attending scheduled visits is very important and completing home exercises regularly will increase the effectiveness of your treatment plan. We appreciate as much notice as possible if it is necessary for you to cancel or change an appointment. Because of the importance of consistency in a treatment plan, patients that frequently miss appointments may be discharged from therapy.

As your condition improves, we will communicate with your doctor and advance your treatment plan. It is also important that you communicate with your therapist, who will want to know of any positive or negative reactions to the exercises, stretches or manual treatments you have received. Any information you can provide will help your therapist make adjustments to your treatment plan, and help you progress more quickly and comfortably.

The cost of physical therapy can vary greatly among insurance plans. We will make every effort to verify with your insurance company your eligibility and benefits for PT services. We accept almost all insurances, but deductibles, copays and out-of-pocket expenses are different for all plans. If you provide your insurance information, we will research costs and report them to you prior to your first visit. We also suggest contacting your insurance company to inquire about PT benefits. Insurance companies will often provide patients with more information than they give clinics.

To prepare for your initial visit you will need to complete a few intake forms. Please bring your photo ID and insurance card(s), your PT referral (often also called a "prescription", or "order",) a list of current medications, clothing appropriate for exercise, and cash, check or credit card for copayments, if applicable.

We look forward to working with you. Please feel free to contact us with any questions.

Jon Vertalka  
Director (Operations)  
First Rehab & Sport